

SENIOR LIVING

Sabes JCC expands senior programming

*The J is a home away from home
for active adults 60 and older*

Every day the Sabes JCC (the “J”) opens its doors to hundreds of people age 60 and older to participate in programs that nurture physical, intellectual and spiritual growth. It is a place where adults come to stay active and engaged.

For 55 years, the J has been a vital part of our community, providing ways for people of all ages to be connected to contemporary Jewish life and each other.

Recognizing that people are staying healthier and active a lot later in life, the J has recently expanded its senior programming. For many participants, life at the J is what gets them out of the house each day.

“We enhance the health and well-being of our community by providing affordable and accessible social interactions, enrichment and fitness,” said Joshua Wert, CEO of the Sabes JCC. “The J isn’t just about children and young family programming. We also strengthen our community through affordable and inclusive program-

ming specifically designed for active adults.”

To challenge the mind, the Sabes JCC offers a memoir writing club, art classes, book club, educational classes, cards and games. It also hosts speaker series and discussion groups on a broad range of topics from social justice and pop culture to current events and wellness.

For the spirit, the JCC offers dining opportunities, Jewish holiday programming, and volunteer opportunities that allow people to give back to the community. The J also organizes dances, movie screenings, field trips to interesting destinations and cultural arts events, including the Twin Cities Jewish Film Festival and Twin Cities Jewish Humor Festival.

To keep active adults moving, the JCC offers pickleball, a variety of yoga classes, Zumba, balance and mobility workshops, swim lessons and strength training. Adults seeking a competitive sport with peers or simply a fitness class geared to any pace can find

something at the Sabes JCC.

Because the J offers wellness solutions for people 60 years and older, its Silver Sneakers and Silver and Fit programs are bursting at the seams — making staying healthy at the J an option for everyone.

“We also want to promote safety for our active adult community,” said Lyudmyla Petrenko, director of the Center for Active Adults. “This fall, back by popular demand, we will offer a safe falling demonstration [titled] ‘Learn How to Protect Yourself by Falling the Right Way.’”

The demonstration, by 96-year-old Elliott Royce, will show attendees how to overcome the fear of falling and demonstrate specific techniques of falling without injury. Royce falls on purpose at least five times each morning.

“And, we will also offer an AAA Driver Improvement Program to explore changes in driving laws, the latest in vehicle technology and easy-to-use defensive driving tips,” Petrenko said.

Ruth Goldberg, an active volunteer and leader of both the JCC Book Club

said. “While volunteering is a way for me to give back, I have much to gain from the experience. I am grateful for the community connection and personal growth that the J provides me.”

Whether you are young at heart, or just young, the Sabes JCC provides unique opportunities for physical, intellectual and social growth.

“We have a high standard of excellence in all JCC programming,” Wert said. “And we are committed to elevating our role within the Jewish community by forging deep individual relationships with community members and continuously evolving to meet the changing needs of our diverse local population.”

For information, visit: www.sabesjcc.org.

— Courtesy of the Sabes JCC



Courtesy of the Sabes JCC

Ruth Goldberg (left) is an active volunteer at the Sabes JCC and teaches the memoir writing class. She is pictured with Annette Weinberg, the senior member ambassador.

and Memoir Writing classes, said she loves the Sabes JCC.

“My involvement means the world to me. I cherish the time I spend here because the JCC truly allows me to be part of a community,” Goldberg